



Forsyth Senior Center Menu September 2021



Monday	Tuesday	Wednesday	Thursday	Friday
6 CLOSED	7 Burgers on a Bun French Fries Tossed Salad Fruit Cobbler	8 Corn Chowder Beef Sandwiches Cherry Salad Cookies	9 COOK'S CHOICE	10 Chicken & Noodles Sweet potatoe3s Stir Fry Vegetables Blueberry Dump Cake
13 Ham Quiche Green Salad Muffins Fruit	14 Smothered Pork Chops Potatoes Peas & Carrots Apple Slices	15 Chili Grilled Cheese Pear Crisp Relish Tray	16 Cod Fish Oven Potatoes Creamed Peas & Carrots Fruit	17 Meatloaf Mashed Potatoes Gravy Corn Green Salad Fruit
20 COOK'S CHOICE	21 TACO TUESDAY	22 Beefy Rice Soup Egg Salad Sandwiches Fruit Applesauce Bars	23 BBQ Pork on a Bun Tater Tots Tossed Salad Fruit	24 Spaghetti Coleslaw Green Beans Peas
27 Oven Chicken Potatoes Green Beans Tossed Salad Fruit	28 Sausage & Gravy Biscuits Stir Fry Vegetables Apple Crisp	29 Tomato Soup Ham Salad Sandwiches Vegetable Salad Chocolate Cake Fruit	30 Wieners Bakes Beans Coleslaw Cornbread Green Salad Fruit	1 Tatertot Casserole Spinach Salad Fruited Jell-O

PLEASE CALL BY 9:30 346-2878 - ALL MEALS SUBJECT TO CHANGE - SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00 - ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND 2% MILK